

BA-II Year		BPY-C402		Semester-IV	
SEC-2		Developing emotional competence			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Objective: To help the student learn how to understand and manage their emotions and develop emotional competencies.

Unit 1: Introduction: Emotions, Key aspects of Emotions, Physiological Correlates of Emotion

Unit 2: Positive Emotional States and Well-Being: Self-efficacy, Empathy, Gratitude, Spirituality, Happiness, Love, Hope and Optimism.

Unit 3: Dealing with Problem Emotions: Fear, Anxiety, Depression, Guilt, Aggression and Pessimism.

Unit 4: Coping With Emotional States: Emotion Focused Coping, Socio-Emotional Selectivity and Emotional Story telling.

Readings :

Carr, A. (2004). Positive Psychology : The science of Happiness and Human Strength. UK: Routledge.

Snyder, C. R., Shane, J. Lopez, Jennifer Teramoto Pedrotti (2011): Positive Psychology: The scientific and Practical Explorations of Human Strengths. New Delhi: Sage Publications.

Goleman, D.(1995). : Emotional Intelligence. New York: Bantam Book.

Goleman, D.(1998). : Working with Emotional Intelligence. New York: Bantam Book.

Singh, D.(2003).: Emotional Intelligence at Work(2nd ed.). New Delhi: Response Books.

Singh,A.K.(2010). : Ucchatar Samanya Manovigyan. New Delhi. Motilal Banarsidas Publication

P. K. Hrdw
HEAD

Department of Psychology
Gurukul Kangri Vishwavidyalaya
Hardwar (U.K.)